CLAIMS

What is claimed is:

- 1. Body board handles designed and constructed for recreational water activities5 comprising:
 - a durable plastic or weather resistant mounting post, handle, adjusting strap and grip.
- 2. Body board handles according to claim 1 wherein the handles can be attached to anybody board, boogie board or water sport board.
 - 3. Body board handles according to claim 1 wherein the board handles are designed to be encircled by the operator's hands and fingers.
- 4. Body board handles according to claim 1 wherein the handles can be easily removed or replaced.
 - 5. Body board handles according to claim 1 wherein the handles are mounted using standard plastic anchors and/or screws, known as a body board anchors and/or Flat Top Anchors.
 - 6. Body board handles according to claim 1 wherein the board is manufactured through an injection mold process.
- 7. Body board handles according to claim 1 wherein the handles can be permanently or temporarily mounted.

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